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外教社中学生世界历史与文化读本 之 六  
World Cultures Through Time

# 马雅人、印加人 和阿兹特克人 Mayas, Incas, and Aztecs

Wendy Conklin  
翻译 陆易蓉

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# **Mayas, Incas, and Aztecs**

**Wendy Conklin, M.A.**



# Table of Contents

## 目 录

The Medley in the Ancient Americas 古代美洲的族群 .....4-5

### **The Mayas 马雅人**

Meet the Mayas 初识马雅人 .....6-7

Budding Beliefs 萌芽中的信仰 .....8-9

Take Me Out to the Ball Court 带我去球场 .....10-11

Mayan Metropolis 马雅人的大都市 .....12-13

### **The Incas 印加人**

Introducing the Incas 介绍印加人 .....14-15

Secrets from the Past 过去的秘密 .....16-17

Incas Rule! 印加人的统治 .....18-19

### **The Aztecs 阿兹特克人**

Announcing the Aztecs 阿兹特克人来了 .....20-21

Gods, Myths, and Priests 神、神话和祭司 .....22-23

Living the Aztec Life 阿兹特克人的生活方式 .....24-25

Where's the Leader? 首领去哪儿了? .....26-27

The Spanish End the Three 西班牙人终结三大族群 .....28-29

Glossary 词汇表 .....30



# The Medley in the Ancient Americas

## 古代美洲的族群

In so many ways, the ancient Americans achieved amazing feats. Three of these groups were the Mayas, Incas, and Aztecs.

These three groups have many things in common. All of them depended on farming to survive. They worshipped many gods. Their art was skillfully detailed. And, the stonework on their buildings was precise.

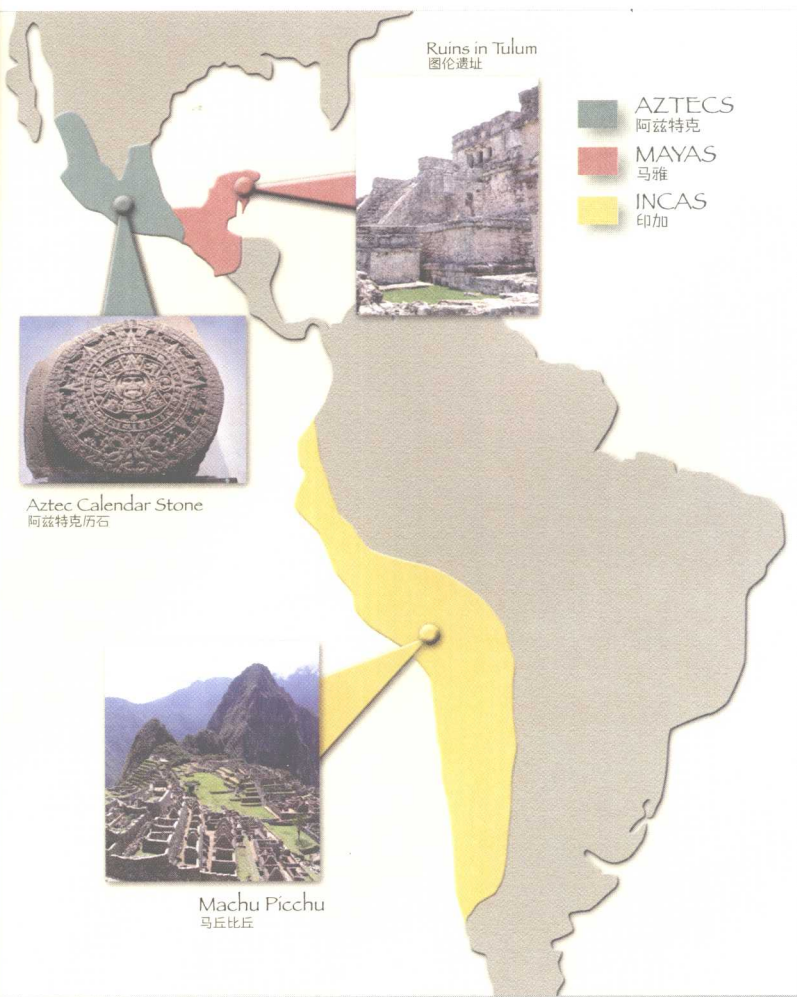
They also did some things that made them distinct from one another. While the rest of the world borrowed from old languages, the Mayas created their own. Much of what we know about them comes from their hieroglyphic writing. The Incas constructed more than 10,000 miles (16,000 km) of roads. This made it easy to send messages to all parts of their large empire. Swift messengers sprinted these roads like a relay team. The Aztecs built a city on an island in the middle of a lake. People moved around their city in canoes.

All three groups ended when the Spanish landed in the Americas.



▼ The ancient Aztec city of Tenochtitlan  
阿兹特克古老的特诺奇提特兰城





◀ Map showing three of the most important ancient American groups  
地图上标明了三个最重要的古代美洲族群

## Unearthing the Aztecs 发掘阿兹特克

Today, many Aztec ruins lay unseen under cities in Mexico. However, some pyramids can still be seen. 现在，阿兹特克的许多遗址都埋藏在墨西哥的城市下面。不过有几座金字塔仍然依稀可见。

## Traveling to the Mayas 去看看马雅

If you want to visit the Mayan ruins, you have to go to Honduras, Belize, Guatemala, El Salvador, or southern Mexico. 如果你想去参观马雅人的遗址，你就一定要去洪都拉斯、伯利兹、危地马拉、萨尔瓦多或墨西哥南部。

## Trekking the Incas 跋涉去印加

Each year many tourists go to Peru to see the Incan ruins. Some tourists like to hike up the mountains just as the Incas once did. 每年都有很多游客去秘鲁参观印加遗址。一些游客喜欢像当初印加人那样徒步登山。

古代美洲人在许多方面都创造了令人惊叹的业绩。其中马雅人、印加人和阿兹特克人这三大族群是最突出的代表。

这三个族群有许多相同之处。他们都以农业为生。他们信奉许多神。他们技艺精湛，注重细节，建筑物上的石材部分打造得十分精细。

但这三个族群又在某些方面显示出各自的独特之处。当世界上其他地区还在借用古代语言时，马雅人却创造了自己的语言。我们对马雅人的了解，许多就来自于他们的象形文字。印加人则修筑了长达10 000多英里（16 000多千米）的道路，这个巨大王国的通信因此变得十分便捷。信使们像接力赛队员那样迅速地在这些道路上穿行。阿兹特克人在一个湖中央的小岛上建造了一座城市。人们乘坐着独木舟在城市中穿行。

在西班牙人踏上美洲之后，这三个族群都灭亡了。



## MAYAN CIVILIZATION

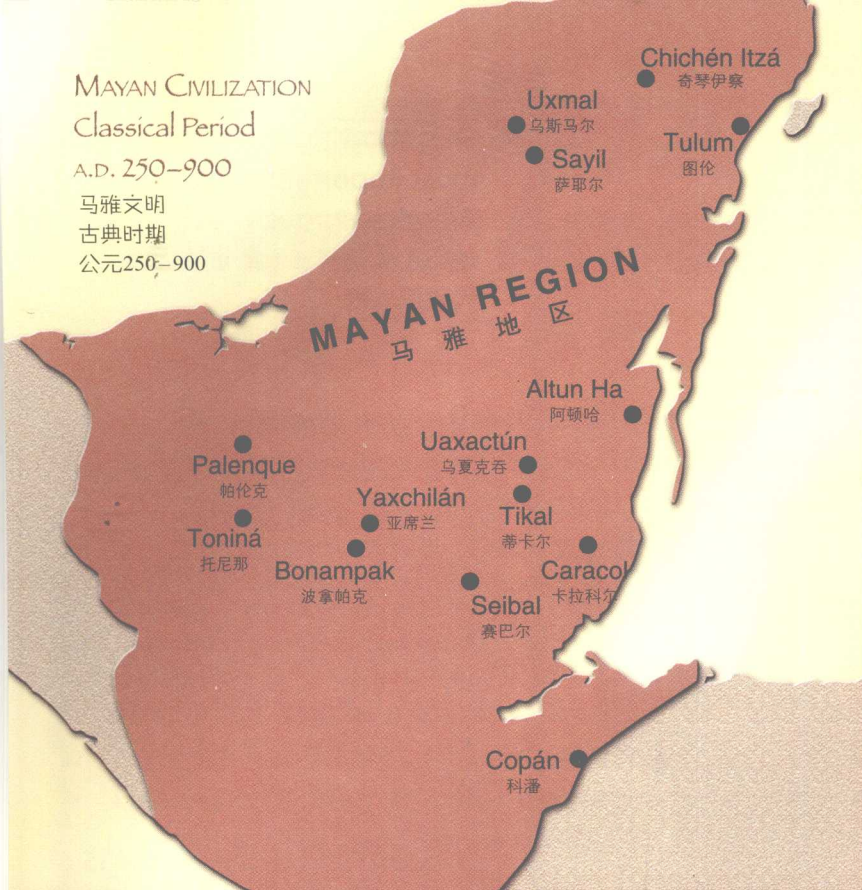
### Classical Period

A.D. 250-900

马雅文明

古典时期

公元250-900



▼ This is a glyph carving.  
雕刻的象形图文



# Meet the Mayas 初识马雅人

Not too long ago, jungles hid the old cities once ruled by Mayan kings. These city-states were located on the Yucatán Peninsula. In 1839, two men traveled there from New York. They hoped to find ancient ruins. Led by natives of the land, they found entire cities covered in vines.

Puzzling glyphs on carved stone monuments greeted them. The Mayas had created their own system of writing that used glyphs. These steles told the stories of the kings and their people, but no one could read them at first.

就在不太久之前，这些曾经被马雅首领们统治的古老城市还隐藏在丛林之中。这些城邦坐落在尤卡坦半岛。1839年，两个男人从纽约出发去那里，希望可以找到古老的遗址。在当地人的带领下，他们找到了埋藏在藤蔓之下的城市。

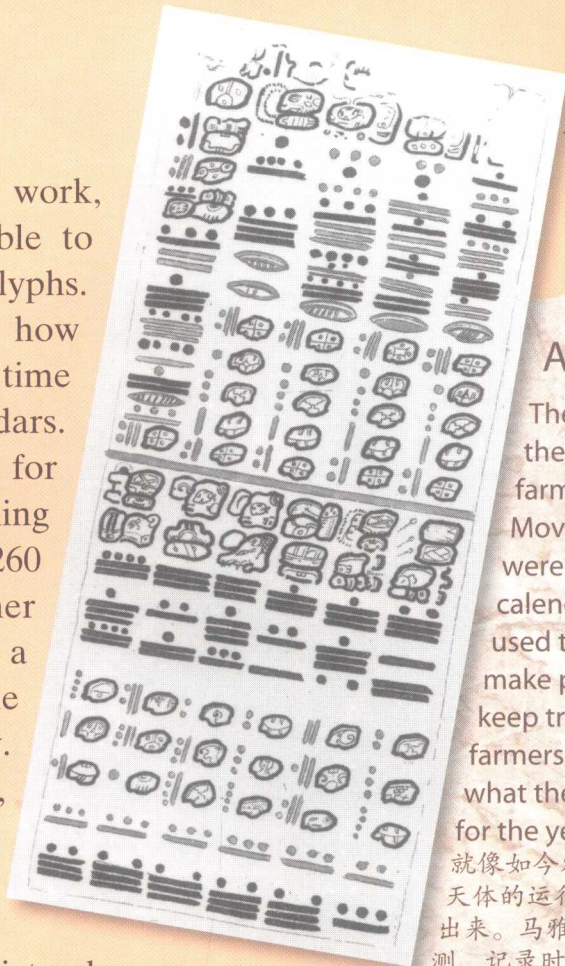
石刻碑上神秘的象形文字呈现在他们面前。马雅人那时就已经用象形文字创造他们自己的文字系统了。这些石碑讲述了首领们和平民的故事，但是一开始没有人能够读懂。



After some hard work, code breakers were able to make sense of the glyphs. Some glyphs showed how the Mayas kept track of time using two special calendars. One calendar was used for sacred rituals and naming children. It recorded 260 days in its year. The other one had 365 days in a year. It kept track of the movements in the sky. When the sun, planets, and moon moved, the Mayas recorded those movements. They used these records to predict when to go to war, how to farm, and when to host events. The 260-day calendar was the most advanced of any in the world at the time.

经过一番努力，密码破译者们终于弄懂了这些象形文字。某些象形文字告诉我们马雅人是如何用两种特殊的日历来记录时间的。一种日历用于宗教仪式和为孩子命名。在这种日历中，一年有260天。在另一种日历中，一年有365天，这是用来记录天体运动的。当太阳、行星和月亮运行时，马雅人记录下它们的运行情况。他们用这些记录来预测何时打仗、如何耕种以及何时举行各种活动。前一种一年有260天的日历是当时世界上最先进的日历。

◀ Mayan almanac  
马雅人的历书



## Almanacs 历书

The Mayas used their calendars like farmers use almanacs. Movements of the sky were noted on their calendars. The Mayas used the calendars to make predictions and keep track of time. Today, farmers' almanacs predict what the weather will be for the year. 马雅人使用日历就像如今农民使用历书一样。天体的运行都在日历上被标注出来。马雅人用这些日历作预测、记录时间。现在，农历是被用来预测当年的天气情况。

## Mayan Mathematicians 马雅的数学家

Mayan priests recorded information about the sky using their own number system. A dot stood for one, a horizontal line represented five, and a shell represented zero. 马雅的祭司们用他们自己的数字系统来记录天文信息。一点代表“1”，一条横线代表“5”，一个贝壳形符号代表“0”。





▲ The rain god was very important to Mayan farmers. 马雅的农民们把雨神当作非常重要的神灵。

## Budding Beliefs

### 萌芽中的信仰

The Mayas were especially good at farming. They enriched the dirt with fertilizers. They used terraces to grow crops on hillsides. To keep the soil from losing its nutrients, they rotated crops like chilies and beans. Some Mayas even grew their own gardens. Their main crop was corn, which grew in several varieties.

One treat they enjoyed was chocolate. It came from beans found in the cacao trees in the rain forest. The beans were ground or roasted and mixed into a spicy drink with chilies.

Because farming was so crucial to them, the Mayas worshipped the gods of nature. The rain god and corn god had temples dedicated to them. The Mayas thought the gods controlled every part of life. To earn the gods' favor, priests made offerings to them in their temples.



马雅人特别擅长农耕。他们给土地施肥；他们在山坡上利用梯田种植庄稼。为了防止土壤营养流失，他们会轮种诸如辣椒和菜豆之类的作物。一些马雅人甚至耕种自己的菜园。他们主要的农作物是谷物，谷物品种多样。

马雅人非常喜欢吃的一种食物是巧克力。巧克力是由热带雨林里的可可树豆子制成的。这些豆子在碾碎或者烘焙之后和一种放有辣椒的辛辣饮料混合在一起。

农耕对马雅人来说至关重要，因此他们信奉自然之神。有专门供奉雨神和谷神的寺庙。马雅人认为诸神控制着生活的方方面面。为了获得神的庇佑，祭司们在众神各自的寺庙中为他们献上祭品。

▼ This hut is built just like the ancient Mayan huts.  
这个茅草屋是按照马雅人的小屋建造的。



## Chocolate 巧克力

The Spanish took chocolate back to Europe. Back then, it tasted bitter because it did not have any sugar in it. 西班牙人把巧克力带回了欧洲。那时候的巧克力吃起来味道是苦苦的，因为里面不放一点糖。

## "Maya" I Have Seconds?

我能再吃点吗？

Today we enjoy foods like pineapples, avocados, and papaya. So did the Mayas. 现在我们很爱吃像菠萝、鳄梨、番木瓜这样的水果。马雅人那时候也很喜欢吃这些水果。

## Home Sweet Home 家，甜蜜的家

Commoners lived in thatched huts supported by poles. These huts had small rooms, including kitchens. 平民百姓居住在用竹子支撑的茅草屋里。这种茅草屋内的房间都是小小的，带有厨房。





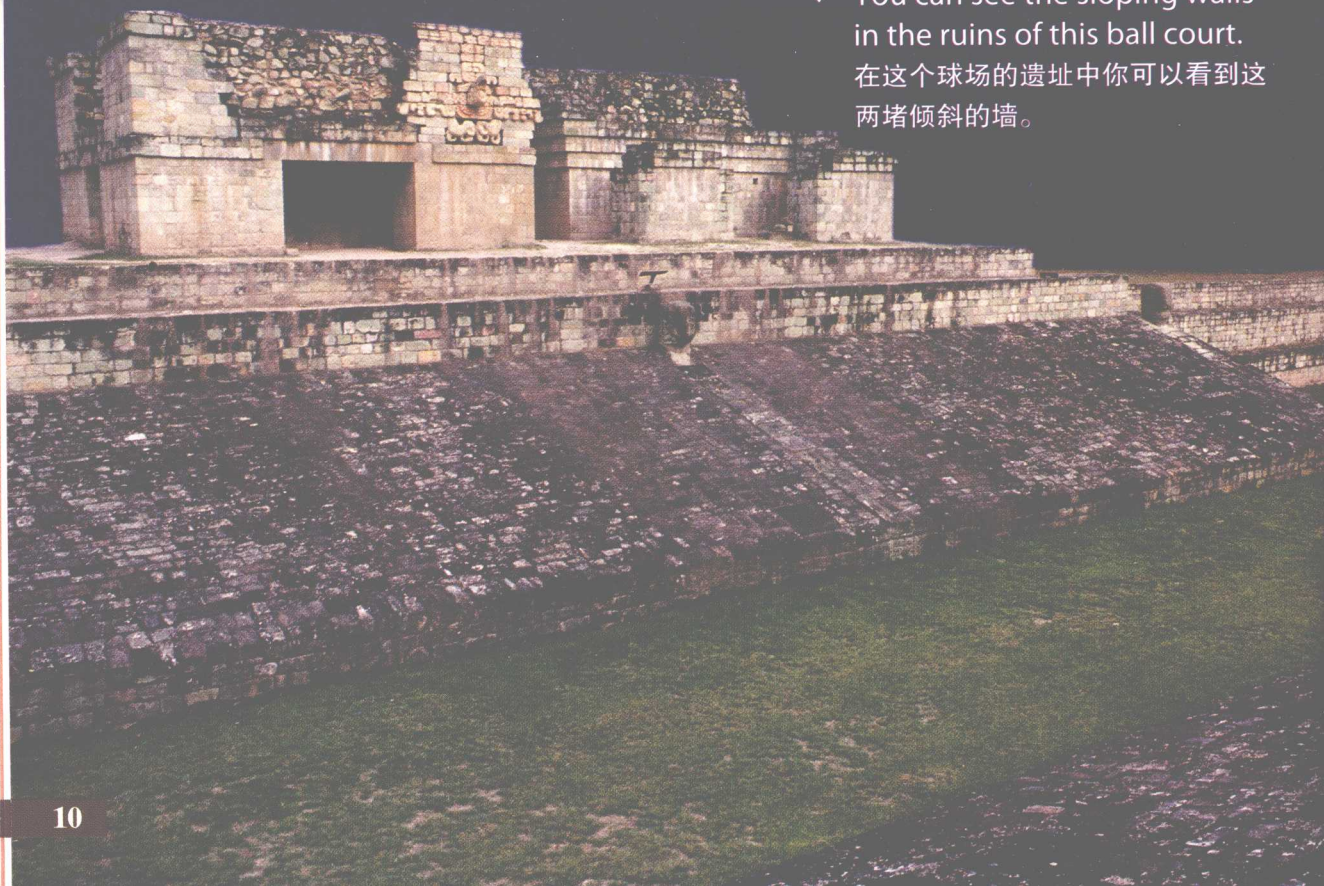
# Take Me Out to the Ball Court

## 带我去球场

The Mayas played the very first team sport. They used a ball made from rubber. The rubber was taken from a tree found in the rain forest. Each team had between two and seven players. The players faced each other. The players tried to keep the ball in play by hitting it with their arms, thighs, and hips. Belts, gloves, and kneepads protected players from the hard falls and the hard ball.

是马雅人开始了有史以来第一项成队比赛的体育运动。他们用一个橡胶制成的球。橡胶采自热带雨林中发现的一种树上。每个球队有二到七名队员。双方队员面对面，他们用手臂、大腿和臀部击球，努力使球处于比赛状态而不死球。球员们穿戴腰带、手套和护膝以防摔倒和来球过重造成的伤害。

▼ You can see the sloping walls in the ruins of this ball court.  
在这个球场的遗址中你可以看到这两堵倾斜的墙。





Shaped like the letter *I*, the ball court had a dividing line along the middle. It also had two end zones. Two sloping walls came down to the middle area. Players bounced the ball off these walls. Many courts even had stone rings that extended from the walls. Some historians wonder if the goal of the game was to hit the ball through the stone rings.

Fans sat on top of the sloped walls as they enjoyed the game with their families. The players dressed up for a pregame ceremony. They wore sandals and headdresses. Music from drums and shelled trumpets blared as the crowds cheered on their favorite teams.

球场呈“I”字形，中间有条分割线，还有两个球门区。有两堵倾斜的墙延伸到球场中间区域。球员们将球击打到斜墙上再弹回来。许多球场的墙上甚至还有石环。一些历史学家猜测，比赛的目标或许就是将球击入这些石环。

球迷们坐在斜墙的顶端和家人一起欣赏比赛。队员会盛装出席赛前的仪式。他们会系上鞋襪并带上头饰。人群会和着鼓点和螺号声为他们喜爱的球队呼喊助阵。



## Aztec Ball Games

### 阿兹特克人的球赛

The Aztecs had ball courts, too. In fact, one city had 11 of them. They played this game, but it is not known for sure if they followed the same rules as the Mayas. 阿兹特克人也有球场。事实上，有座城市里设有11个球场。他们进行这类球赛，但我们不能肯定他们的球赛规则是否和马雅人的一样。

## How We Get Rubber

### 如何获得橡胶

Rubber plantations today cut the bark of rubber trees diagonally. Latex seeps out of the tree through these cuts. The latex forms rubber. Rubber is used to make things bouncy. 现在的橡胶种植者会将橡胶树的树皮斜着切开，胶乳就会从这些切口渗出并形成橡胶。橡胶使物体具有弹性。

◀ This marker was used in the ball game.

这个标记是在球赛中使用的。



# Mayan Metropolis

## 马雅人的大都市

In all, the Mayas built more than 100 cities. Each city-state had its own ruler. It was not uncommon for kings to fight one another. At times, they took prisoners and sacrificed them. Other times, these prisoners had to play ball against their own home teams.

The kings commissioned art and buildings to make their cities great. Mayan engineers built these amazing cities without metal tools. One city, Palenque, even had an aqueduct.

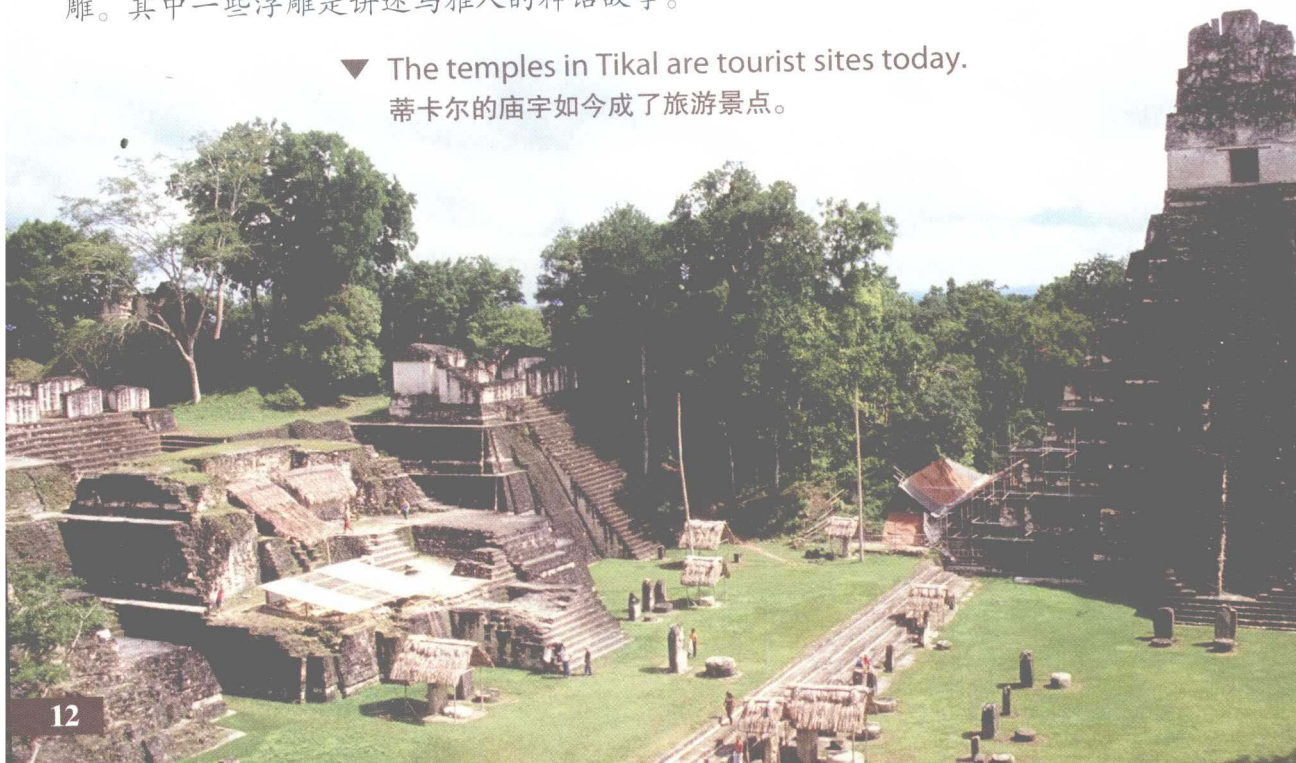
Glyphs covered places throughout the city. One stairway in Copán has more than 2,500 glyphs. Some of these glyphs tell Mayan myths.

马雅人总共建造了100多座城市。每座城邦都有自己的统治者。首领之间经常交战。有时，他们俘获囚犯后会把他们当成祭品。有时，囚犯们得参加球赛，对抗自己原来的球队。

为了让自己统治的城市变得更好，首领们派人创作艺术品，建造房屋。马雅的工程技术人员没有使用金属工具就建造了这些惊人的城市。一座名为帕伦克的城市里甚至还有沟渠。

城市的各个角落都留有刻着象形图文的浮雕。科潘的一个阶梯上就有2 500多个浮雕。其中一些浮雕是讲述马雅人的神话故事。

▼ The temples in Tikal are tourist sites today.  
蒂卡尔的庙宇如今成了旅游景点。







- ▲ The steps going up the Pyramid of the Magician are very steep.  
魔法师金字塔的台阶非常陡峭。

It was very common for cities to have more than one temple. Some temples towered 10 stories into the air. They looked much like pyramids that had steps leading to the top. The temples in Tikal were the steepest in Mesoamerica.

It is not known exactly what happened to this great civilization. Close to 1,000 years ago, the Mayas abandoned their cities. The descendents of the Mayas still live in Central America today.

城市中往往有不止一座庙宇。这是十分普遍的现象。一些庙宇有十层楼那么高，直冲云霄。它们看上去和有台阶直通到顶端的金字塔很相像。蒂卡尔的庙宇是中美洲最陡峭的庙宇。

没有人知道这一伟大的文明社会后来到底发生了些什么。近1000年前，马雅人放弃了自己的城邦。马雅人的后裔现在依然居住在中美洲。

## Uxmal 乌斯马尔

Uxmal had a few interesting buildings: the Pyramid of the Magician and the Nunnery. The Spanish gave the Nunnery its name. It was actually a palace with four sides and a courtyard in the middle. The ruins of both these places can be seen today. 乌斯马尔有一些令人关注的建筑物，包括魔法师金字塔和女修道院。女修道院这个名字是西班牙人取的，它其实是一座有四个侧面的宫殿，中间有一个庭院。这两大建筑物的遗址如今依然能见。

## Star Wars 星球大战

A scene in "Star Wars Episode 4" was filmed at Tikal, Guatemala. It showed the pyramids peeking out from the jungle. Tikal was the largest city the Mayas built. 电影《星球大战》第四部里的一个场景就是在危地马拉的蒂卡尔拍摄的。在这个场景中，金字塔从丛林中显露出来。蒂卡尔是马雅人建造的最大的一座城市。

## Unknown Ending

### 未知的结局

There are many theories today that tell what happened to the Mayas. Some historians think they overworked the soil and could not farm it anymore. Others say that they were defeated little by little by other kings. 现在，有许多理论试图说明马雅人后来的情况。一些历史学家认为马雅人过度使用土地，导致他们无法再在这些土地上耕种。另外一些历史学家则称他们逐渐被其他首领所击败。